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| **Your job role** | **Programme/briefing/session** | **Overview** |
| **Leader and Core Programmes** | | |
| **Director  Senior Manager**  **Head teacher   Commissioner** | **Our Way of Working Leaders Programme**  **(2 x 2.5 hour sessions, via Microsoft Teams)** | The Leaders Programme will support and enable you -   * To develop your knowledge and understanding in Our Way of Working from a strategic perspective * To understand your role in leading and implementing the approach within your own organisation and supporting the wider initiative across the partnership in embedding a common and consistent approach to working with children, families and adults |
| **Middle Manager**  **Practice Lead**  **Practitioner** | **Our Way of Working Core Programme**  **(3 x 2.5 hour sessions, via Microsoft Teams)** | The Core Programme will support and enable you   * To develop and support your understanding of the Our Way of Working model, principles and values * Understand how this can be applied to your role in working with children, families and multi-agency partners |
| **Enhanced Programme** | | |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Our Way of Working Refresher Workshop**  ***(1 x 2.5 hour session, via Microsoft Teams)*** | This workshop will be a recap and refresher session, including –   * Our Way of Working model, principles and values * Recap on Motivational Interviewing approaches * Consider trauma informed language and how this informs practice, assessments and decision making * Further develop Trauma Informed Practice * Key updates on how Multi-agency Group Supervisions and Learning Conversations are being embedded into practice and what this could mean for you, your team, your organisation or your school |
| **Multi-Agency Group Supervision Chronologies Workshop**  ***(1 x 1 hour session, via Microsoft Teams)***  *For any practitioner who as attended Multi Agency Group Supervision or may attend in the future to increase their knowledge and understanding of completing chronologies.*  ***Delegates do not have needed to undertake Core or Leaders Programme as a prerequisite to attending this workshop*** | This workshop will focus on chronologies, within the context of a Multi-Agency Group Supervision and will include –   * The purpose of a chronology * What to include in a chronology and why * Interactive exercise around chronologies * Opportunities to ask questions |
| **Emotion Coaching - Introductory Session**  ***(1 x 2.5 Hour Session, via Microsoft Teams)*** | This training will provide a basic understanding of:   * What Emotion Coaching is * The underpinning principles and research base of Emotion Coaching * How Emotion Coaching is used in by parents, carers and professionals supporting children and young people * The next steps in becoming trained in Emotion Coaching   How your service or setting could use Emotion Coaching principles in practice |
| **Motivational Interviewing**  ***(1 x 2.5hr face-to-face training session)*** | ***It is essential that participants have completed either the MI iLearn or the MI iLearn for school-based staff that is part of the Covid-19 Recovery iLearn module prior to attending the interactive session***  This will be an interactive session in which participants will –   * Have the opportunity to practise the essential skills of Motivational Interviewing (MI) in a safe and supportive environment * Reflect on their use of MI and develop some next steps to enhance and embed their practice   There will be opportunities for participants to ask questions and share reflections |
|  | **Understanding Loss, Transition and Change**  ***(2 x 3 hour sessions, via Microsoft Teams – delegates MUST attend both sessions)*** | Session One:   * Recognising how Loss and Change impact on CYP's lives * Understanding manifestations of Trauma in children and young people e.g., regression, emotional withdrawal etc * Addressing Loss across the different stages of Childhood and Adolescence * Feelings associated with Coming into Care * Protective factors supporting our CYP * Digital Sign posting and Resources   Session Two   * Helping families cope with Loss - how children and adults cope with change and transition * Moving forwards: Relational approaches: Attunement, Validation, Containment and Regulation. * PACE: Playfulness, Acceptance, Curiosity and Empathy * Overcoming barriers with: Active listening and Creating relationships of trust * Understanding Brain Development - where our feelings/behaviours come from * Practical strategies and approaches to expand your toolbox. * Digital Signposting and Resources |
| **Working with Trauma Experienced Parents/Adults (this suite of workshops has been developed using resources from Research in Practice** [**Research In Practice**](https://www.researchinpractice.org.uk/)**)** | | |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Environments and Language**  ***(1 x 1.5 hour session, via Microsoft Teams)*** | In this workshop we will consider -   * How the physical environments that we work in can make people feel unsafe * What we, as practitioners can do to minimise this * How verbal and non-verbal language is a key part of creating emotional safety. |
| **The Window of Tolerance**  ***(1 x 1.5 hour session, via Microsoft Teams)*** | In this workshop we will –   * Learn about the emotional window of tolerance * Consider how we can help parents/adults to manage difficult emotions and support them identifying approaches and strategies in moving back into their window of tolerance |
| **Ghosts in the Meeting Room**  ***(1 x 1.5 hour session, via Microsoft Teams)*** | Within this workshop we will –   * Consider how early parental experience can shape how people experience relationships with professional and services * How we can use this understanding to overcome and develop positive approaches to engagement |
| **Documentary and Films –** Watch and then come along to share your reflections through a Q&A workshop | | |
| **All practitioners across the children and adult workforce**  *(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Conferences)* | **The Real Mo Farah** | Sir Mo Farah shares about his childhood the impact of trauma through war, exploitation, domestic slavery, and the difference that a caring adult can have |
| **Clarissa** | Film created to improve the health of people affected by homelessness, through better understanding of their lived and trauma experiences. |
| **My name is Leon** | Film exploring the impact of early life trauma, race, culture and identity, the experiences of being in care and the impact of separation from family |
| **Conferences** | | |
| **All practitioners across the children and adult workforce**  *(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Conferences)* | **Beacon House – Strategies and Tools for Trauma Informed Practitioners** | Join us for a conference with keynote speaker Dr Shoshanah Lyons, Clinical Director and Lead Trainer at **Beacon House**  The conference will focus on Strategies and Tools for Trauma Informed Practitioners  *Thursday 26th January 2023*  *9:30am – 4:30pm*  *Via Zoom* |
| **Dr Sheena Webb – Working with Trauma Experienced Parents/Adults** | **Hold the date** - Thursday 9th March 2023  9:30am – 4:30pm  Via Zoom  More information coming soon |
|  | **Joint Education and Our Way of Working Conference: Inclusion Matters** | Summer term – more information and date coming soon |
| **Ambassador Workshops** | | |
| **Any practitioner who has previously completed the Leader’s Programme or the Core Programme for New Ways/Our Way of Working** | **Our Way of Working Ambassador Workshop** | Are you interested in becoming an Ambassador for Our Way of Working? If so, come along to a workshop where we will consider and discuss –   * Embedding Trauma Informed Practice & Motivational Interviewing into practice and culture * Champion best practice * Positively engage and support learning and development * Develop and embed a culture of change across our partnership   These workshops are also an opportunity to network with other partners and meet other Ambassadors |
| **Learning Events** | | |
| **All practitioners across the children and adult workforce**  *(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the Learning Events)* | **Our Way of Working Learning Events**  ***(2.5 hr session via Microsoft Teams)*** | Come along to one of our face-to-face Learning Events to:   * See how other partners are embedding Our Way of Working. * Look at best practice and understand how this can be applied in your organisation * Talk to practitioners who are using Trauma Informed Practice and Motivational Interviewing. * Network with colleagues who are using Multi-Agency Group Supervisions and Learning Conversations. |
| **Covid-19 Recovery Briefings and iLearn Modules** | | |
| **All practitioners across the children and adult workforce**  *(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing Covid-19 Recovery iLearn)* | **Covid-19 Recovery iLearn module** | This module will –   * Show you how to use the model and guide researched and developed by the multi-agency partnership * Help you to consider a Trauma Informed Approach in your work and to think about how Motivational Interviewing can help you * Introduce you to PACE (Playfulness, Acceptance, Curiosity, Empathy), explain the model and how it can support you in your work with children, families and adults * Make you aware of our approach to Psychological First Aid and how this can help you use the guide * Show you how to do this using our approach and the three steps to using the guide: Recognise, Respond and Link |
| **Middle Manager**  **Practice Lead**  **Practitioner**  *(It is not necessary to have undertaken Our Way of Working Core or Leaders programme before accessing the iLearn modules)* | **Motivational Interviewing iLearn module** | This module will –   * Introduce you to Motivational Interviewing (MI) * Explain the principles and processes of MI * Describe OARS and Eliciting Change Talk * Explain the Righting Reflex, Resistance and Change Talk |
| **PACE pre-recorded webinar** | This pre-recorded webinar includes –   * A recap on trauma informed practice * The impact you can have as a key adult * Brain development and trauma (The Polyvagal Theory) * The power and principles of relationships * Understanding Intersubjectivity, Attunement and Connection * Playfulness, Acceptance, Curiosity and Empathy – The model of PACE and its application |

For further information or to book a place on any of the above please visit [Our Way of Working - Training for you](https://westcheshirechildrenstrust.co.uk/our-way-of-working/training-for-you/) or contact [amy.kendrick@cheshirewestandchester.gov.uk](mailto:amy.kendrick@cheshirewestandchester.gov.uk)